MILLER & RHOADS.

MILLER & RHOADS.

WEATHER FORECAST .- Wednesday fair.

\$2.98 Brilliantine Waists for \$1.50.

Some we carried over from spring-but they look as fresh and bright as new garments.

All white and all black with 18 large hemstitched tuoks down the front,

Certainly a splendid bargain in seasonable waists. Everybody's talking about (and buying) our fall Suits, Coats and Skirts, Stylish, well tailored and of good quality. Have you inspected the stock?

"May Manton" Patterns 10c. each on sale at our Dress Trimming Counter.



Capacity is the size of the audiences which are flocking to the Bijou Theatre to see Joe Welch in his version of "The Peddler" the play written by Hal Reidby far the strongest and cleverest play by that author seen in this city.

The play abounds in drolleries, similar to those which are heard in every-day life, yet they are so interwoven with the story of the play as to have a doubly-interesting meaning. Mr. Welch is painstaking and careful, and there is not a word, sylable, or suggestion that could possibly offend anyone.

Miss Joe Edmond takes the part of Sararah Goldby, and she is very ciever, though this is her opening season.

"The Peddler" is certain to make a new record for the Bijou during the week's stay. The house is being soid rapidly for the entire week. The usual matiness will be given Thursday and Saturday with performances each night.

"Candida."

Benard Shaw, the English critic, writer

Bernard Shaw, the English critic, writer and socialist lecturer, has jumped his fame at a bound by reason of the success of one of his comedies in New York last season. "Candida," the comedy in question, conveys delicious humor in the satirical vein for which the author is the satirical vein for which the author is noted, and introduces a group of characters remarkable for their boldness as antithetical types. No one person, possibly with the exception of the young poet and visionary of the piece, seems to understand the other, and every character is absolutely distinct from all the others. It can be seen how this heightens the interest of the play, especially when the characters and incidents are controlled by so brilliant and cunning a playwright as Shaw. A strong commany happily cast will present the comedy for the first time here at the Academy to-morrow afternoon and night.

KELLEY AND FOLKES.

Both in Demand to Speak for the Democrats.

KILLED BY A BRICK.

John Smith Now Has Charge of Murder Against Him.

Daniel Prosser, the negro who was struck on the head with a brick by John Smith, died carly yesterday morning, at the City Hospital. Coroner Taylor held an inquest yesterday afternoon, and the verdict was that the negro came to his death from a wound received from the hands of Smith.

The case will be heard in the Police Court to-day.

The Coming Contests.

A.r. J. Smith Brockenbrough, who is now in the life insurance business, has just returned from a trip intrough the Northern Neck Section of the State. He says that there is considerable interest among the Democrats over there, concerning the contests, which are to come up in the primary next year.

Colonel Button Expected. Colonel Joseph Burton, secretary of the State Democratic Committee, is expected in the city in a few days, to conferwith Chairman Eilyson, in regard to opening campaign headquarters here.

Elector Pollard Away. Hon. John Garland Pollard, Democratic elector for the Third District, is in St. Louis, attending the Exposition. When he returns he will take the stump active-ly for the Democratic tickst.

Mr. Bader Here. Mr. J. H. Bader, of Rockingham, is in the city, and was a caller at the De-partment of Public Education yesterday.

WHAT DID THE WOGGLE BUG SAY? Write your answer to this question in the coupon to be found on Page 10. of to-day's paper and enter the lists for the

Hon. S. L. Kelley and Hon. E. C. Folkes are two of the young Democratic orators of Richmond who are much in demand on the stump this fall. Mr. Kelley has promised to make several speeches for Hou. Joseph C. Wyso; out in the Ninth District, and he will also go to other sections of the State. He will not, however, take the stump

What Did the Woggle Bug Say?

The Woggle Bug, wise man of the party, undertakes to answer all questions for his commades from Oz. He has to answer one each week. His answer is not printed. The reader is left to discover it. The pictures and descriptive matter make this comparatively easy to the active mind. Both the pictures and the story are guides to the solution of the problem, and the question admits of but one correct answer. The puzzles require only ordinary skill

TWENTY-FIVE DOLLARS IN PRIZES

To stimulate interest in the visit of the people from the Land of Oz, The Times-Dispatch will give Twenty I ollars in cash and five copies of Mr. Baum's interesting book "The Marvelous Land of Oz" each month to those of its readers who send in correct or nearly correct answers to the questions put to the Woggle Bug by his companions.

Use This Coupon Only

The answer to the question asked of the Woggle Bug in the Magazine

No employe of The Times Dispatch or member of an employe's family is allowed to enter the contest.

THE OUT THE ABOVE COUTON. Also the coupon to be found each day in The Times Dispatch until Saturday. September 24th. This gives you six chances to answer the question suggested in the page to-day. Do the same next Sannday, and also on each week-day, until the end of the month. SAVE YOUR COUPONS, and on the last day of the month send them all to the WOGGLE BUG EDITOR. The Times Dispatch, Richmond, Va. This will end the contest for September, and the prizes will be awarded very early in the month of Oc-

\$25.00 IN PRIZES WILL BE GIVEN AS FOLLOWS:

FILL OUT THE ABOVE COUPON. Also the coupon to be found each day

For the sreatest number of correct answers.

For the next largest number of correct answers.

For the third largest number of correct answers.

For the fourth largest number of correct answers.

For the five next largest number of correct answers.

For the eight next largest number of correct answers (books).

For the eight next largest numbers of correct answers (colors).

RULES OF THE CONTEST.

RULES OF THE CONTEST.

The largest number of correct answers wins.
All coupons for any one menth will be consecutively numbered, and must be placed in one envelope and arransed in the order of their publication.
Only one coupon of the same date can be placed in the same envelope of answers for the month.

If more than one individual should have every coupon correctly marked and properly arranged, the first prize would be divided between the winners. Other prizes will be similarly divided in case any number of contestants have the same number of answers that are equally correct, but not absolutely so. .

Contestants need not write the same answers on all coupons issued for any one week. A different answer can be written for each day; but if you are sure you are right, you will, of course, write the same answer on all coupons issued for any one Sunday. Hemember, the largest number of correct answers wins.

All coupons for any one month must be placed in the same envelope and be in the office of The Times-Dispatch by 10 A. M. of the 2d day of the following month.

Section of the paper of SUNDAY, SEPTEMBER 18th, is-

THE SUNDAY TIMES-DISPATCH, Richmond, Va.:

MANY TRUE **BILLS FOUND**

Grand Jury Makes Report and Judge Witt Deals Vigorously With Drunken Witness.

FINED AND SENT TO JAIL

Cases to be Set To-day for the Term and Work to Begin.

The September term of the Hustings Court opened yesterday, though there was but little business disposed outside of receiving a long list of true bills from the grand jury.

The interesting event of the day, however, was the prompt and vigorous action of Judge Witt, in dealing with a drunken witness, who became disorderly in the court-room, James Shope, a white man, had been summoned to give evidence in a case before the grand jury. had been called. The sergeant told Shope he had better go down stairs and see Judge Witt, whereupon he entered the successful the second of the successful that he be sworn at once. The court promptly fined him \$50 and sent him to jail for ten days.

True Bills Found. The docket will be called through to-dey, and the cases set for the term. The following true bills were found by

the grand jury:
Charles Bration, grand larceny.
James Bullock, alias James Burnett,
malicious wounding.
Edward Cox. robbery.
William Crittenden, alias William Christian, burgiary.
Buck Cheatham, malicious wounding.
Emma Jane Edwards, same.
Curtis Gray, horse stealing.
Frederick Grant, malicious wounding. Frederick Grant, malicious wounding

Samuel Green, grand larceny; three counts.

Wilbur Goddin, grand larceny.

William Lawson, malicious wounding.
George Miller, housebreaking.

William O'Brien, housebreaking.

Edward Phillips, same.

Emma Page, same.

W. C. Pond, attempt to murder.

William Shannon, malicious wounding.

Tinch Smith and William Henry Byrd,

grand larceny.

rand larceny. Langston Vaughan, housebreaking

Benjamin Watts, malicious wou Louis Zimmer, grand larceny. Ira C. Griffin, deserting wife. Joseph Diamond, housebreaking.

WHO MAY REGISTER.

Major Lanier Compiles Laws Relating to Matter in Brief Form.

blank form provided.—Code 1837, section 73, as amended.

When Voters Registered.—The law further provides that: 2. (a.) Each registers shall annually, on the third Tuesday in May, register all qualified voters within his election "district not previously registered in the said district; (b) That thirty days previous to the November elections the registrar shall sit one day for the purpose of amending and correcting the list, at which time any qualified voter applying, and not previously registered, may be added; (c) The registrar shall, at any time previous to the regular days of registration, register any voter entitled to vote at the next succeeding election who may apply to him to be registered.—Code 1857, section 78, as amended.

Government Employes in Washington. 3. Persons residing in the District of Co-lumbia in the service of the Federal gov-ernment, with a bone fide intent not to relinquish or surrender their former State residence, are held not to have lost or residence, are neid not to have lost or forfeited, the same in the States from which they are appointed, or have so tem-porarily removed.—Lindsay v. Murphy, 70 Va 425; Dennis v. State, 17 Fla. 389; Han-non v. Grizzard, 59 N. C. 115; Walcott v. non v. Grizzard, 29 N Holcomb, 97 Mich. 201.

Holcomb, 97 Mich. 201.
Registration on Election Day,—4. There is no provision for the registration of voters on election days.
Registry by Proxy.—5. There can be no registering by proxy.

Has Good Chance to Get Well. Has Good Chance to Get Well.
Information received in this city yesterday was to the effect that Mr. Charles L. Harrison, of this city, a Pullman car conductor, who was recently dangerously shot by the accidental discharge of an express messenger's rifle, is that the wounded man is doing very well, and hopes of his recovery are entertained. His wife is with him at the Lynchburg sanitarium. Mr. Harrison is well known in this city, his home for several years, and in Danville, where he was married. A charge of buckshot entered his right breast at close range, the rifle having been accidentally discharged while being handed by one express messenger to another.

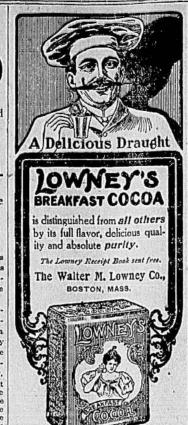
Install Officers of the Elks. This is initiation right at the Elks' Home. All who have been elected are expected to be on hand. Richmond Lodge is in a to be on hand. Richmond Lodge is in a most flourishing condition, having a membership of 425. The lodge, which owns the beautiful Home at Eleventh and Marshall Streets, has many social features, but it never forgets the poor and distressed. The semi-annual report shows over one thousand gollars has been used during the past six months to help the needy in this city, while the report of the Grand Lodge shows \$780,000 was donated for charity last year by the order throughout the country.

Will Deliver Mail to All. Will Deliver Mail to All.

Under a recent ruling of the Postoffice Department at Washington contractors for carrying the United States
mail on star, steamboat, and screen
wagon routes must be a patron of a postoffice on the route, so as -to-give their
personal supervision to the service.

Another innovation is the free collection and delivery of mail on star routes,
making practically rural free delivery
service to the most remote sections.

Advertisements for proposals for service in the first contract section, including Maryland. Virginia, West Virginia,
Delaware, Pennsylvania, New Jersey, and
New York, are now being circulated, and



bids will be received at the office of the Second Assistant Postmaster General at Washington until 4 P. M. December 1, 1904. Postmasters in these States have been instructed to furnish detailed in or-mation to prospective bidders.

Traveling Libraries Start.

Traveling Libraries Start.

The first of the traveling libraries sent out from the Sinte Library was sent yesterday to Prince Edward county, and consisted of fifty volumes, most of them fiction, but embracing also poetry, biography and reference. The books are carried free by the railway. L's the purpose of the library management to send out half a dozen of these traveling libraries within a few weeks. The plant is one which enabled the people of the entire State to derive some benefit from th State's literary store-house, and is one which cannot fail to prove popular in the rural sections.

Invite the Farmers Here.

Invite the Farmers Here.

Mr. T. W. Wood has left for St. Louis, where he will attend the annual session of the Farmers' National Congress, to be held next week. As Governor Montague cannot remain until thad time, Mr. Wood will present a letter from the Governor, inviting the Congress, on behalf of the State of Virginia, to hold its session in Richmond in 1995. Mr. Wood also carries with him formal invitations from Mayor McCarthy and the Richmond Chamber of Commerce to the Farmers' National Congress, to meet in this city next year. Mrs. Wood accompanies him to St. Louis.

The Jacksonville Light Infantry of the First Florida Volunteers arrived in the city yesterday from St. Louis and lie in the afternoon via the Seaboard Air Line rallway for their southern home. The company is a fine organization and was given a trip to the Exposition by their proud fellow-citizens of Jacksonville. The entire party numbered saxy-three men. The trip to St. Louis was made over the Southern railway.

The Southern's Earnings. The Southern's Earnings.

Comptroller A. H. Plant, of the Southern railway, has issued the following estimate of the earnings of the system for the second week in September:

For the week this year, \$874,99; for the corresponding week last year, \$812,509; increase for the week of 1994, \$62,39. The earnings of the St. Louis-Louis-line line over the week last year was \$10,476. The increase of earnings for the week is maintained for the year would mean an annual increase of more than three millions.

William Barlow, a colored man, was fined \$10 and costs in the Police Court yesterday for reckless and careless driv-ing on the street.

Fined for Sunday Selling. Ellis Assald, a Syrian, was fined \$2 yesterday by Justice John on the charge of laboring at his "trade" of selling ice cream on Sunday.

Judge Crump Going.

Judge Ben. T. Crump, of the State
Corporation Commission, will attend the
meeting of the Southern Railroad Commissioners' Association, in St. Louis, on

Agent McCann Here.

Mr. R. E. F. McCann, soliciting agent of the Atlantic Coast Line railway, was among the visitors in the city yesterday. He called at the uptown offices of the Coast Line.

NEWS FROM

Subcommittee Recommends the Purchase of Pump and Boiler.

CENTRAL CLUB HAS RALLY

Hon. Charles M. Wallace Was Principal Speaker-Bowen Case Again.

Manchester Bureau, Times-Dispatch No. 1102 Hull Street I The Manchester Finance Committee met last night to hear the report of the subcommittee appointed to look into the condition of the pump and bollers in the pump house. Messrs. Owen, Bradley, Rudd and Abbott were the members of the subcommittee.

The committee employed C. J. Peelkar, consulting engineer, to make an examination of the machinery, and he reported the pumps to be in a very bad condition. The estimated cost of the repairs would be in excess of two-third of the

tion. The estimated cost of the repairs would be in excess of two-third of the cost of a new pump of like capacity, therefore it was recommended to purchase a new pump with rated capacity of 400 to 700 gallons per minute, and not exceed a cost of \$1,400.

Mr. John Turner, of J. A. Turner Sons, made an examination of the boilers. New boilers can be purchased at \$475 each, and the committee recommended the purchase of one new boiler of fifty horse power and the repairing of the present boilers.

It was decided in this meeting to instruct the City Auditor to accompany

struct the City Auditor to accompany when the latter goes before the Richard Street Committee, and to leave a copy of the option on the Mayo Bridge.

Stirring Address.

Hon. Charles M. Wallace, of Richmond made a stirring address last night before the Central Parker-Davis-Lamb Club.

Mr. B. M. Robertson presided in the place of President Rudd, and introduced place of President Ruda, and introduced the speaker. Mr. Robertson applogized for the fewness of the number present, though there was a fairly good attendance, and Mr. Wallace in his opening words, gave as a good club or party motto, "Never get frightened." He said that the war the word thing in the world. that this was the worst thing in the world, and that he himself did not feel at all

finished his speech.

Mr. T. F. Bondurant's name was added to the list of membership. It was de-cided to invite Mr. Faw, of Bristol, Tenn.

Meeting of Republicans.
Mr. T. H. Smith has issued a call for convention of Manchester Republicans

the convention of the Third Republican District, October 4th.

Judge Watson heard yesterday the opening of Phil Turner's trial.

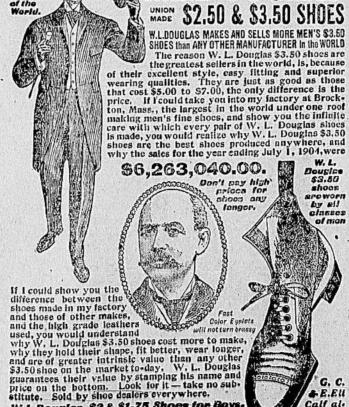
Turner has engaged a colored law-yer—Attorney Mims, of Midiothian,—to defend him. He has but four witnesses on his side, while the Commonwealth has many times more. The money, \$750 which Turner is alleged to have stolen from Mr. Netherwood, the gun with which the deed was committed and the satchel in which the money was contained are all heing used in evidence against Turner. Lighter for Bowen.

The case of "Red" Bowen is still oc-cupying public interest, but now some doubt is being expressed as to whether he is really the guilty man. The wit-nesses are pro and con, but the tide seems more to be turning in the favor of Bowen. Suspicion points strongly to anothe

man, between whom and bowers a strong likeness exists as the guilty party.

The witnesses are very chary in giving evidence, as they fear that the ladies whom they accompanied may be brought into notoriety. At the same time it is claimed that all spooning was consistent and content was consistent and order we lucted according to law and order, so what the real grounds of fear are hard to

with interest and anxiety by a few. The facts will be learned in 'Squire Cheatham's court next Saturday.



W.L.Douglas \$2 & \$1.75 Shoes for Boys.

G, C. Calf alwaysgives W. L. Douglas \$3.50 & \$2.50 Shoe Store in Richmond : 623 E. Broad St.

IN THIS SOUTHSIDE Half-Price Sale

Suits for small and very large men-if you are either-accept the opportunity promptly.

Gans-Rady Ompany

had not the cash. Failure to procure a dog medal was the trouble.

Polk Miller and his "Old South Quartet," appeared in Leader Hall last night, and went through representations of the old southern darkey before a large and appreciative audience. The entertainment was for the West End Methodist Church. Rev. R. C. Wilson, presiding elder, preaches in Asbury Church to-night at 8 o'clook. The quarterly conference follows the sermon.

Mrs. G. H. Fromelt, of Oceania, is visiting her sister, Mrs. M. J. Moore, of No. 411 Cowardin Avenue.

A special meeting of the City Mission

in the home of Mrs W. H. Owens, No. 1120 Bainbridge Street.

GOVERNOR TO SPEAK.

Will Get in Democratic Harness Actively Next Week.

Actively Next Week.

When Governor Montague returns here from St. Louis next week, he will take the stump actively for the Democratic ticket, and will have but little rest from his campaign labors until the battle is over.

Chairman Ellyson has just made a long list of apppintments for Hia, Excellency, beginning with Orange Gourthouse on Monday next, and others will be added from time, to time as letters are coming in from nearly all the districts, asking him to speak.

The Governor will go to Isle of Wight Courthouse on October 3d, and a number of his engagements are for prominent centers in the Ninth District. He speaks at Amherst Courthouse on October 1th. The Governor will devote the greater portion of his time to Virginia, and is not expected to make many speeches outside the State.

Dr. Wall Coaching Them. Richmond College has been fortunate enough to secure Dr. Harry Wall, of the University of Virginia, as coach for this

University of Virginia, as coach for this season.

Dr. Wall is an M. D. of the university, and was a star half-back on the 'Varsity eleven last year.

He has started the applicants for the team in light work, and is much encouraged with his prospects. Those who have been out on the gridiron so far are Webster, Huggins, Sutherland, Wright, Mench. Kenney, Habbell, Talman. Crochett, who played with St. Albans team several years ago, and Coleman, a player from St. Joseph. Captain Webster will hold down his old position of center, hannager Cutchins is with the Richmond Blues in St. Louis, and is expected back on Monday.

Officers of Beth Ahaba.

Officers of Beth Ahaba.

The congregation of Beth Ahabah held its annual meeting last Sunday, and received the reports of the president, financal secretary, treasurer and superintendent of the Sunday-school.

Officers were elected as follows:
Messrs Julius Straus, president; Charles Hutzler, vice-president; Henry S. Hutzler, secretary; Issac Held, financial secretary, and L. Z., Morris, treasurer, Messrs, Isaac Held, Israel Stern and Marx Gunst were re-elected members of the Board of Managers.

Messrs, H. T. Ezekiel and Isaac Held were re-elected members of the Board of Governors of the Hebrow Cemetery.

Youngest Railroad Man.

Youngest Railroad Man.

Among the visitors in the city is Master Charle Henderson, of Greenwood, va., one of the youngest "railroad men" in the State. Charile is just twelve years old, but ass sis his father, who is agent at Greenwood, in handling express and baggage, matter, and in other duties of the agent. He has mastered the telegraph code and can tick off a message or receive one, though he is not yet permitted to hold down a key. The youth was a visitor at the general offices of the Chesapeake and Ohio Railway, where he has a brother employed in the general manager's office.

A Big Sum Every Year.

Personals and Briefs.

H. K. Reed is an applicant, it is said, for the position of collector of taxes in real estate.

Henry Porter, colored, was put in juil in lifer of paying his fine, for which he state in the State in the State in the State in steadily increasing, and with the increase more and more money from the Federal treasury is being poured into the lap of Virginia. There are now 585 rural free delivery routes in the State in which the carriers are paid in the aggregate more than \$33.00 per year. Besides the mere money value of the routes to the State, the people of the rural sections are beneficiaries in receiving their mail at their own gates prompting and regularly.

Taken Back to Carolina.

Taken Back to Carolina.

The case of W. C. Jordan, a young white man, arrested by __ectives Goson and Witshire on the charge of heing a fugitive from Wilson, N. C., was continued n the Police Court yesterday, and the young man was carried back by an officer from Wilson. He is alleged to have attempted to commit forgery. He said yesterday that he would have no trouble in getting out of the affair.

Merchants Before Court, Forty-two merchants who come under the ordinance, were before Justice John yesterday on the charge of falling to precure a milk and food supply license. The cases were continued to October 13th. An amendment to the ordinance is now before the Council, and the postponement was made to await the result of Council's action.

Bring Country People Here. Bring Country People Here,
Mr. R. T. Adams, well-known excursion manager, will operate a special excursion train from Farmville and intermediate points to this cty on October
Joth, offering a greatly reduced rate to
visitors to the State capital. This is
one of the last of the excursion season,
and will bring hundreds down to do their
fall and winter shopping with R chmond
merchants.

The College Societies.

The literary gocieties of Richmond College will organize this week, and will begin their regular work next week. The Philologian Society will meet in their him at the college on Friday night at 8 o'clock, and the Mi Sigma Rho at the same hour on Saturday night.

Inspection To-day.

Inspection To-day.

The Committee on Health will make a lour of inspection of the institutions, under the charge of that department, to day. The committee, accompanied by Mayor McCarthy and others city officers will leave the City Hall at 4 o'clock, and will yelst the crematory and other places controlled by the committee.

Henrico County Notes.

Bally Turner and Gert's Thompson, colored, will be heard by 'Squire Thomas to day on the charge of fighting in the streat. Warren Gathright and Tom Murphy were each fined \$2.50 by 'Squire Angle yesterday, for being drunk and disordering.

ON CAPITOL

An Old Foundation Discovered While Workmen Lay New One.

CAUSES SPECULATION

Theory That Probably Other Buildings Were on the Site.

wings to the Capitol building is nearly completed, and the members of the compleased with the progress that is being

found on both sides, and had to be cut vanced, though none of them are known to be correct. One is that the old foundalief that it was originally intended that there should have been wings to the Capt-tol when the present structure was built. Still Other Views.

and were constructed in the most substan-

The entire roof has been taken of the old hullding, and as it stands now it gives more the appearance of a huge pen than a house. Mr. Chesterman is pushing the work vigorously, and he believes he will be able to bring the completion within his contract.

SWANSON AND MARTIN.

Sheriff Simon Solomon Thinks They Are Sure Winners.

Sheriff Simon Solomon, of Henrico, who is one of the Democratic State Committee men from the Third District, is a warm advocate of the nomination of Hon. Thomas S. Martin for United States Sentor and Congressman Claude A. Swanson for Governor in the primaries next year, and he expresses the belief that both will win with ease. The Sheriff is even willing to lay odds thus early on his favorities, so confident is he that they will "come under the wire" on the homestretch.

Mr. Morton Riddle Here.

Mr. Morton Riddle, Jr., formerly super-ntendent of the Atlantic Coast Line rail-way in this city, but recently made as-sistant chief engineer of the entire sys-em, with headquarters at Savannah, Ja, was in the city yesterday greeting his friends here.

Petition in Bankruptcy.

A petition in bankruptcy was filed yes-terday in the office of the clerk of the United States District Court by W. A. Moore, hamige master and brakeman, by Ben T. Burret, attorney. Mr. Moore's liabilities are \$322, and his assets noth-ing. Mr. Mahoney Better.

Mr. Charles Mahoney, who has been ill of typhoid fever at his home, No. 911 East Leigh street, for some ten days, was somewhat improved last night. One Qualification. In the Chancery Court yesterday Mrs. Bita McNamee qualified as guardian of her infant daughter, Belle Woody Burch.

A trained nurse says: "In the practice of my profession I have found so many points in favor of Grape-Nuts food that I unhesitatingly recommend it to all my patients."

iny patients.

"It is delicate and pleasing to the palate (an essential in food for the sick) and can be adapted to all ages, being softened with milk or cream for hables or the aged when deficiency of teeth renders mastication impossible. For fever patients or those on liquid diet, I find 'Grape-Nuts and albumen water very nourishing and refreshing.' This recipe is my own idea and is made as follows: Soak a teaspoonful of Grape-Nuts in a glass of water for an hour. follows: Soak a teaspoontd of Graph-Nuts in a glass of water for an hour, strain and serve with the beaten white of an egg and a spoonful of fruit juice for flavoring. This affords a great deal of nourishment that even the weakest stomach can assimilate without any dis-